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Evidence based medicine

Why Evidence based medicine?

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Knowledge from gap-analysis:

- low research awareness among midwives in your respective countries
- a tendency to perform routine based care rather than individualised care

Didactic approach

- a short presentation (about 10 minutes) of the concept
- group discussions.

Some of the main principals in **Reflective practice learning**:

- to include the participants own experiences,
- to make room for reflections, discussions, dialogue and feedback



reflective
teaching

”Evidence based”?

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Evidentia (latin): Direct insight, experience of certainty

- It is also a Judicial term: Proof or great likelihood that a statement is true, and therefore a person can be sentenced...



Evidence based medicine is the use of best evidence in making decisions about the care of individual patients. It requires integration of individual clinical expertise with the best available external clinical evidence from systematic research and our patients’ unique values and circumstances

Historically

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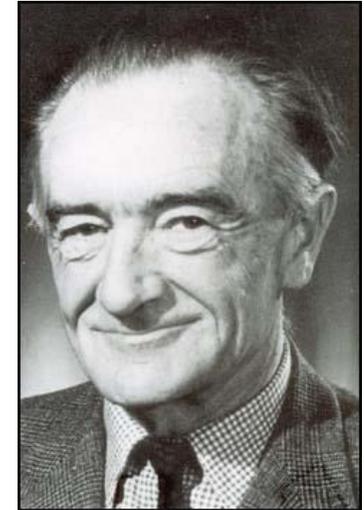


The concept launched start 1990's

Origin: Archie Cochrane, 1972: *"Resources of health systems will be limited and therefore treatment and care **must** be based on efficiency"*

Thus - **We have to find out what is efficient**

Initially "evidence" became visible in clinical epidemiology in search for population based knowledge - to be able to care for the individual patient. (Strauss et al, 2011)



What is evidence based medicine/practise?

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Evidence based medicine is clinical decisions based on an integration of:

1. **Best available clinical research evidence**
2. **Clinical expertise**
3. **Patients' preferences, concerns and expectations**
4. **Patient's circumstances**





1) Best available clinical research evidence



- Search for valid and clinically relevant research
- Appraise validity, impact and applicability
- New evidence from clinical research both invalidates previously accepted diagnostic tests and treatment and replaces them with new ones that are more accurate, more efficacious, and safer
- Use systematic reviews...



2) Individual Clinical Expertise

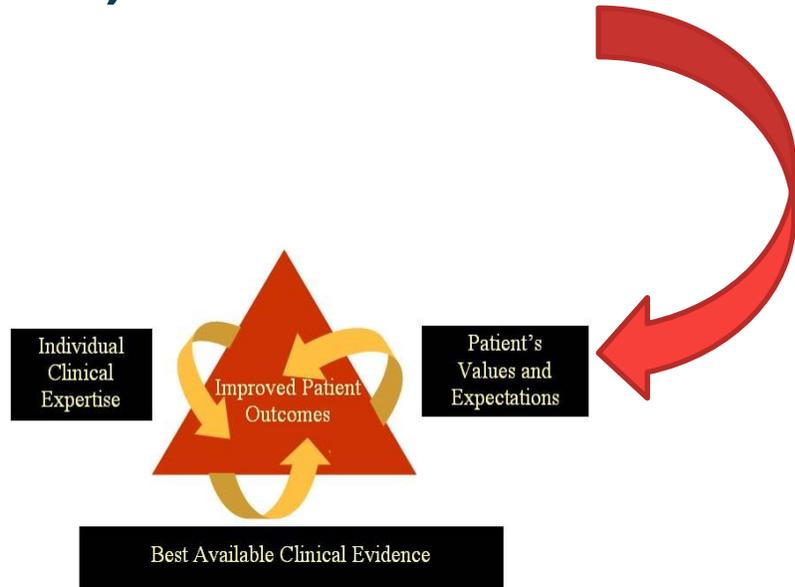


The ability to apply **clinical skills** and **past experiences** to rapidly identify each patient's **unique health status** and diagnosis, their **individual** risks and benefits of potential interventions.

(Strauss SE et al. 2011)



3) Patient's values and expectations



The unique

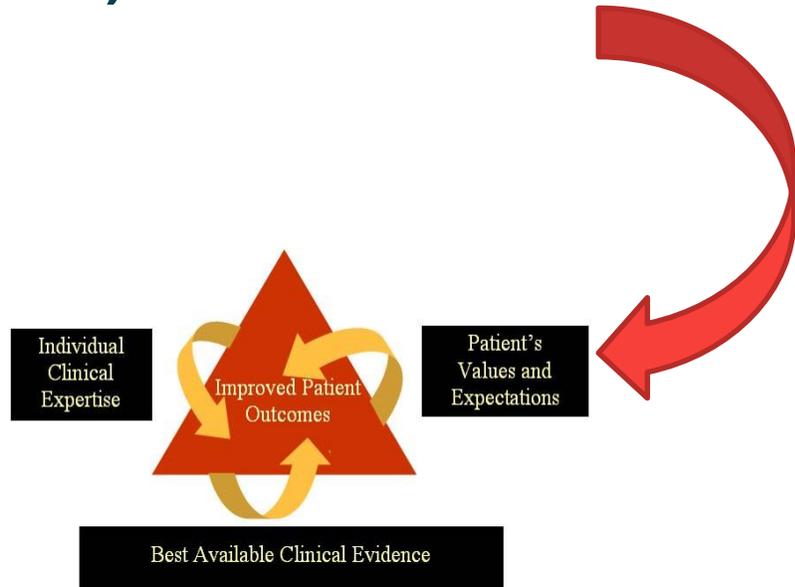
- preferences,
- concerns
- expectations

each patient brings to a
clinical encounter

- and which must be
integrated into clinical
decisions if they are to serve
the patient....



4) Patient's circumstances



The patient's individual state

- Stage of disease?
- Clinical condition?
- Nutritional state?

Social condition

- Supporting network?
- Supporting family?
- Transportation?

and the clinical setting

- Hospital's resources
- Specialists available

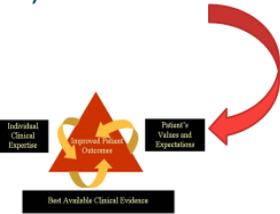
Most often 3) + 4) = patient

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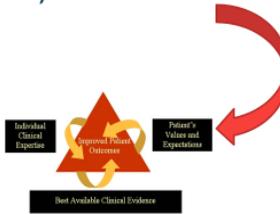
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Evidence based medicine
provides that professionals
and patients can be allies in
optimizing

Clinical effect and
Patient's quality of life



Reflection about balancing

- Research results
- Clinical expertise
- Patient experiences

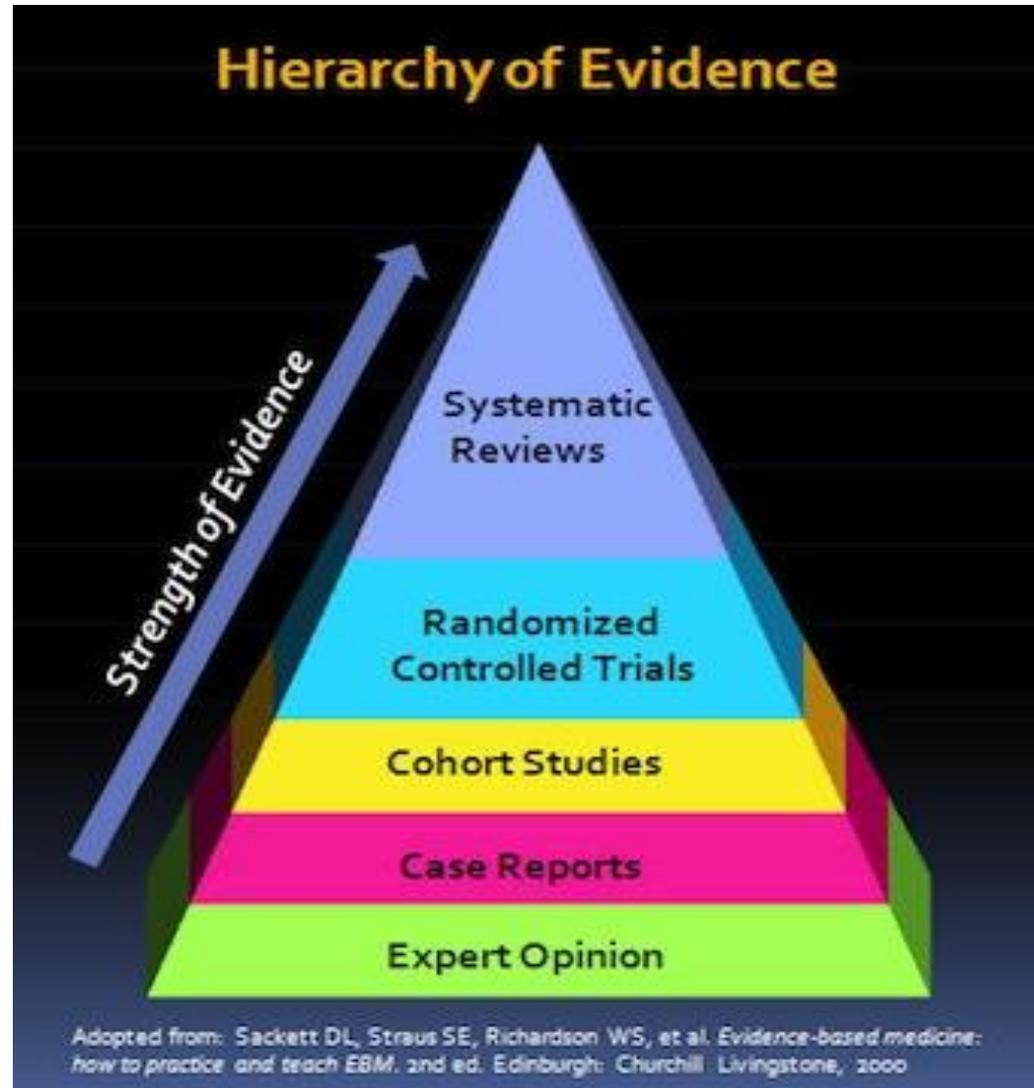
How does it work in your daily professional life?

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Level of evidence within research



Group discussions

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- You will have 30 min to discuss the following questions in 5 allocated groups.
- Each group will choose a presenter who will present you answers (2-3 min per. Group)



Patient values and expectations

1. How do you include you patients' circumstances in your clinical decision making?
2. How do you include you patients' opinions in your clinical decision making?





Best available clinical evidence

1. Do you have access to updated and relevant research knowledge?
2. How do you include research knowledge in your decision making?





Individual clinical expertise

- How does midwives include their clinical expertise in their decision making?
- Is it possible for the midwife to rely on her own clinical skills and past experience when taking care of a laboring woman?

